

Love in Action:

New USDA Nutrition Materials Target Moms

Making healthy lifestyle choices will be easier for busy moms on tight budgets thanks to a new initiative launched by the U.S. Department of Agriculture.

Loving Your Family, Feeding Their Future: Nutrition Education Through The Food Stamp Program is an innovative approach to promote healthier eating habits and increased physical activity among low-income families.

This new initiative is one of the first comprehensive nutrition education packages based on the 2005 Dietary Guidelines for Americans and MyPyramid, USDA's food guide system. It also addresses cultural, literacy, and language barriers faced by many Food Stamp Program families.

Loving Your Family, Feeding Their Future targets moms because they play an important role in the nourishment of their families. Packed with shopping tips, low-cost recipes, handouts and nutrition advice, all in English and Spanish, *Loving Your Family, Feeding Their Future* can make a positive difference for any mom trying to feed her family healthy meals on a tight budget.

The Food Stamp Program created *Loving Your Family, Feeding Their Future* for nutrition educators as well. The initiative includes a handbook, discussion materials and an online training module to assist educators in their work with Food Stamp Program participants and eligible individuals. The Food Stamp Program is the largest domestic nutrition program and serves more than 26 million low-income people each month.

Educators are encouraged to download materials or order extra copies of selected items at <http://foodstamp.nal.usda.gov>

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